



ST JOHN'S

There's no
place
like St John's

St John's Newsletter

Term 3 Week 4 - Wednesday 5th August 2015

Head of St John's Ms Shannon Rosewood

At St John's we take the responsibility of children's nutrition and physical activity seriously. Daily fitness, PE and Sport are a big part of our wellbeing program. As the provider of students' daily nutritional needs for five days out of seven, we believe that children's food choices are also a major factor in learning and brain development. As we would with academic and curriculum programming, we make choices for children that are in their best interests and will lead to good habits in the future.

Active, growing children require good nutrition to build strong bodies and to help them be the best they can be. At St John's we can help our students build healthy foundations by encouraging a love of good food and good nutrition through assisting children to make appropriate choices at the dining room at lunchtime. We believe this is our responsibility as a food provider and a school that supports the Personal Development, Health and Physical Education syllabus. Also, as a registered non-government school we must also have in place, and implement, policies and procedures to provide for, and monitor, students' physical well-being and development. This includes supplying food that meets the Australian Dietary Guidelines.

A healthy eating pattern

An eating pattern that includes a variety of foods from across the food groups will provide children with the range of nutrients and fuel they need. This means:

- Eating plenty of vegetables, legumes and fruits
- Eating plenty of cereals (preferably wholegrain), including bread, rice, pasta, and noodles
- Including lean meat, fish, poultry and/or alternatives
- Including milk, yogurt and cheese

Children are provided with 'amber' foods occasionally such as cake and biscuits, but the majority of their diet should come from good, healthy and nutritious food or 'green' foods. Fruit is always available and students may have as many serves of healthy choices as they would like.

14 Day Wellbeing Challenge

A big thank you to Mrs Oehler's for promoting the 14 day Wellbeing Challenge. I hope that parents enjoyed the daily reminder to be take time out to be mindful of the good things in life. It was terrific to see photos from parents of teddy bears at the office and staff taking a lunchtime stroll through the grounds. Our Wellbeing program continues this term with fitness, bike riding, gardening and gratitude jars in all of our classrooms.



100 days of Transition and Kindergarten celebrations

Kindergarten and Transition students celebrated 100 days of school this year with special 100 day celebrations. Mr Logan assisted Ruby and the other Kindy children in building a castle out of 100 cups. Collections of 100 items included paddle pop sticks, stickers, balloons and 'wishes' (thanks Jai!) The children sang a 100 counting song and shared yummy treats with their parents and teachers. Congratulations Kindergarten and Transition!



Calling all knitters!

St John's Knitting Club has begun casting, knitting and purling! Are you a keen knitter? Parents are welcome to come and help. Mrs Packer is overrun with keen knitters. 1:10 to 1:30 on Thursdays.



St John's Music News Mrs Rowena Tall

Our 'Three Little Pigs' musical rehearsals are well underway and the children are working very hard to learn their lines, songs and choreography. It's wonderful to see the way in which they are working together and supporting each other in their various roles. Theatre is all about teamwork and the St John's students are learning to listen to each other and respond to each other on stage as they develop their characters and build their stagecraft skills. It's a fun play but watch out for the nasty Roald Dahl twist at the end!

During the past fortnight several students have sat music examinations in violin, singing and piano. Well done to these students and best of luck for your results.

Year 1 have made a flying start on the violin having commenced their group lessons last week. With just a little practice each day, this can be a very rewarding experience for the children and can launch them into the exciting world of playing an instrument.

The vocal ensemble is working towards performing at the Armidale Dumaresq Council Youth Spectacular to be held on Friday 28th August. This event will feature items from local primary schools and dance schools, and promises to be a wonderful evening of entertainment from the younger members of our community.

Happy music making!

St John's Sport News Mrs Jess Oehlers

This fortnight has seen students in the Junior School compete at the PSSA Athletics Carnival. Students performed well with a stellar performance by the Senior Girls Relay Team. Well done to all students who competed.

IPSHA Athletics will be held in a couple of weeks. We have a small group attending the carnival and we wish them all the best in Sydney.

Gymnastics was a hit and we are looking forward to spending our Sport sessions there for the rest of the term.

Important Dates this Term

TERM 3 10 weeks

- ICAS Maths (11 Aug)
- Maths Olympiads (19 Aug)
- St John's Social at TAS (20 Aug)
- Science Day (24 Aug)
- Year 6 Lunch with Mr Logan (26 Aug)
- Year 6 Parent Information Evening with Mr Logan (26 Aug)
- Book Week Assembly (28 Aug)
- DaVinci Decathlon Team (28 Aug)
- Transition – Father's Day morning tea (3 Sept)
- JS Grandparents Day (4 Sept and Musical Matinee)
- Year 6 Social at PLC (4 Sept)
- Spring Fair (5 Sept)
- St John's Musical (4 Sept and evening performance 10 Sept)
- End Term 3 (17 Sept)



St John's

invites you join us for

Grandparents' Day

Friday 4th September 2015



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St John's Co-Educational Junior School
Uralla Road, Armidale NSW 2350
T +61 02 6774 8722
E reception@negs.nsw.edu.au
www.negs.nsw.edu.au

Assembly Awards @ St John's

Congratulations to the following children who received awards in the Week 3 Assembly:

Personal Best Awards

K - Jessica Flynn
1/2 - Brodie Meredith
3/4 - Jade Watkins
5 - Calan Loudon
6 - Nichola Clarkson

St John's Star Award

K - Naif Almalki
1/2 - Mohammed Almokhtar
3/4 - Charlie McCulloch
5 - Arnika Moorfield
6 - Isabella Johnson

We have had wonderful results in the ICAS Science Competition. Congratulations to the following students:

Merit Certificate: Sophia Rutledge (5)

Credit Certificate: Eloise Gooch (4), Lilly Green (5)

Distinction Certificate: Eva Dabovich (3), Tariq Rahim (4), Owen Rice (4), Jade Watkins (4), Sophie Mason (5), Sydney Rice (6)

Armidale Athletics and Armidale Little Athletics

hold field event training every Sunday at 3pm, Harris Park.

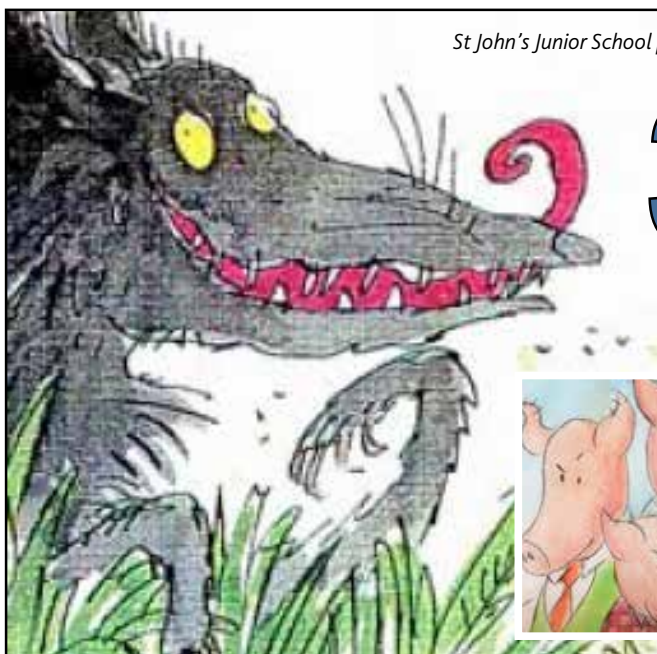
It is free and open to all school students in preparation for upcoming school athletic carnivals.

Should anyone have any questions, please contact
Collette Gooch 0427 752 022, or
check out the clubs' facebook pages

St John's Junior School presents

Roald Dahl's 3 little pigs

By Roald Dahl, Ana Sanderson, Matthew White and Paul Patterson.
By arrangement with A & C Black Music, exclusive representatives of Bloomsbury Publishing



Where: NEGS Assembly Hall
When: 4 September (2pm)
10 September (6:30pm)
Tickets: Adults \$10
Children \$5 (Under 5 free)
Family \$20

www.trybooking.com/147166 or
NEGS Reception 67748700



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Hockey NSW Visit

St John's are excited to be using our Sporting Schools grant to promote hockey as a fantastic fun-filled local sport. Hockey NSW will be visiting St John's to run Infants and Primary skill development clinics.

These sessions will work to introduce and develop the skills of hitting (using plastic sticks and foam balls) and dribbling. The students will incorporate these skills into fast paced games such as run the gauntlet and rob the nest. The hockey clinics will be a part of our regular sporting program during PE on a Tuesday afternoon. Parents are welcome to come and observe.

- Day: Tuesday
- Time: 2:30pm to 3:20pm.
- Dates: 25th Aug, 1st, 8th and 15th September



Taste buds are tingling and tails are wagging because St John's will be participating in the RSPCA Cupcake Day again in 2015. On Monday the 17th of August, St John's will hold its annual RSPCA Cupcake Day. Hopefully, cupcakes will flood the school and raise money for the RSPCA animals in need. Last year St John's and NEGS combined raised an astounding \$502 and this year we are hoping to smash our record.

There will be a competition for the most decorative cupcake/cupcakes. The winner and runners up will be receiving some amazing prizes such as an RSPCA prize pack and certificate. A cupcake stand will be held at recess and lunch at both St John's and NEGS. If you would like to make some cupcakes to sell or help on the stalls please email brontedagg@negs.nsw.edu.au All offers of cupcakes would be greatly received on the morning of the 17th and boxes will be available for "take home" cupcakes.

Finding out about the people who make our school a special place.

During weeks one and two Transition toured the school and found out that it takes a lot of people to make our wonderful school work.

We found that everyone smiled when we visited. We worked out that different people do different jobs and that it is important to work together.



CALLING BOTTLES OF ALL SHAPES & SIZES, FILLED WITH LOTIONS & POTIONS, BITS & BOBS!

St John's Yr 5/6 classes are having a BOTTLE LOTTO stall at the NEGS Spring Fair. It's a stall where every player wins a prize. (Woo Hoo!) And it can be a GREAT money spinner *if* we can get everyone supporting us with donations of unopened bottles.

We need donations of unopened bottles and jars containing anything and everything you can imagine – from dog wash to dishwashing liquid, from wine to Windex, from soft drink to soy sauce, from perfume to pre-wash! If it comes in a bottle, it's all good! And if it doesn't come in a bottle – eg. vouchers - then we'll find a bottle to put it in!



It would be fantastic if you can help by donating a bottle or two in the lead up to the Spring Fair. A collection box will be placed in the St John's office from Monday, August 3, to accept all donations.

For more information please contact:

Sarah Mason (mum of Sophie) – sarah.mason@hspr.com.au

Bridget Rice (mum of Sydney, Owen and Matilda) – bridgetrice@gmail.com

A massive thank you from Yr 5/6.

See you at the Fair!



Woolworths Earn & Learn is back

From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply return to St John's Junior School - many thanks

TWILIGHT SOCCER

10'S / 12'S / 14'S / 16'S
WOMENS / OPENS / MIXED
JUNIORS : \$350 / SENIORS : \$450
9 WEEK COMPETITION
STARTS OCTOBER 6

register today at www.sportune.com.au

02 6773 3856 / sportune.com.au

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University of New England

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SCHOOL

Our school has made a commitment to building a culture of positive mental wellbeing and resilience for students, staff and parents.

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